



Canadian
Paediatric
Society

15 in '15

15 ways CPS made a difference to child and youth health in 2015

1 The arrival of 25,000 Syrian refugees in Canada gives new meaning and impetus to the Caring for Kids New to Canada website, as well as to recent advocacy by CPS President **Dr. Robin Williams** in support of quicker resettlement for all immigrants and refugees. Webinars on newcomer screening, delivered by **Drs. Tony Barozzino** (co-editor-in-chief of Caring for Kids New to Canada) and **Susan Kuhn**, and on breaking down systemic and cultural barriers to health care, by **Drs. Meb Rashid** and **Paul Caulford**, could not be more timely. The end of the year saw a full-on effort to share information with organizations helping Syrian refugees.

2 **Drs. Michael Rieder** and **Joan Robinson**, Chairs of the CPS Drug Therapy and Hazardous Substances and Infectious Diseases and Immunization Committees, wrote 'Nosodes' are no substitute to vaccines in May 2015. Just two months later, Health Canada mandated rewording product labels on all homeopathic nosode products, which some non-medical practitioners promote as alternatives to vaccines, to read exactly as recommended in our position statement.

3 The Acute Care of at-Risk Newborns (ACoRN) program found a new home with the CPS in 2015. Leading members of a collaboration that is over 10 years old, **Drs. Alfonso Solimano** and **Jill Boulton**, along with eight NICU teams from across the country, are forging a program that follows NRP as the next optimal step in caring for vulnerable newborns. ACoRN helps clinicians and care providers to standardize and teach procedures that stabilize infants in their first hours of life. Together, these experts bring countless hours of experience and a huge range of skills to the process of revising the ACoRN textbook, developing teaching tools, and cementing best practice in a range of care settings.

4 After several years in development, a new position statement on Circumcision was published in September, thanks to co-authors **Drs. Todd Sorokan**, **Jane Finlay** and **Ann Jefferies**, and many reviewers and spokespeople from the CPS Fetus and Newborn and Infectious Diseases and Immunization Committees. While the leading recommendation has not changed – the CPS does *not* recommend the routine

circumcision of every newborn male – the statement also describes how the procedure may be considered in some cases to protect against HIV, common STIs (such as herpes simplex virus and human papillomavirus), penile cancer and UTIs in young boys.

5 The April 2015 theme issue of *Paediatrics & Child Health*, Paediatric palliative care: There is always more we can do, focused on maximizing quality of life for children and youth with chronic complex conditions as well as end-of-life care. Guest editors **Drs. Adam Rapoport** and **Stephen Liben** help to answer clinical and ethical questions raised by advancing technology, longer lifespans and uncertain access to services. Building the optimal advanced care team – in-hospital, locally, regionally and across allied disciplines – is key to fully accessible, personalized, family-centred care.

6 The completely revised edition of *Your Child's Best Shot*, with **Dr. Dorothy Moore** at the helm, fully equipped the CPS to meet the media onslaught around parental resistance to vaccines and significant outbreaks of vaccine-preventable diseases such as measles and mumps. Dr. Moore received honorary CPS life membership and the Dr. Danielle Grenier Member Recognition Award, in part for her work on the 4th edition of this definitive book – still the only comprehensive Canadian

reference written specifically for parents. And hats off to **Dr. Joan Robinson**, co-recipient of the Danielle Grenier award, and other members of the CPS Infectious Diseases and Immunization Committee, for their many reviews.

7 The newly updated English edition of *Well Beings: A Guide to Health in Child Care*, edited by **Dr. Denis Leduc**, was released just in time to fill college bookstore orders for the January 2016 term. Expert-reviewed information in this 3rd (revised) edition reflects recent Canadian guidelines on physical activity and changes to the American Heart Association's CPR sequence. *Well Beings* is an essential reference for child care settings and required reading in a number of early childhood education training programs. This book is dedicated to the memory of **Dr. Danielle Grenier**, former CPS Medical Director and co-editor of the previous edition.

8 Housing need in Canada: Healthy lives start at home focuses on an under-recognized but important determinant of child and youth health and well-being. The statement – written by **Drs. Sarah Waterston, Barbara Grueger** and **Lindy Samson** – calls for a national housing strategy, better physician awareness of housing status as a primary health indicator, and greater involvement with supportive housing services at every level of government. An eloquent opinion piece on the current





housing crisis and its toll on children and youth from CPS President **Dr. Robin Williams** was published in the *Edmonton Journal* last fall.

9 The CPS joined with the Canadian Paediatric Endocrine Group to help improve management of type 1 diabetes in schools. Only five provinces have policies or guidelines to ensure students with this autoimmune disorder are safe at school. A new position statement – written by **Drs. Sarah Lawrence, Beth Cummings, Danièle Pacaud, Daniel Metzger and Andrew Lynk** – urges all provinces and territories to adopt comprehensive policies that ensure safety and protect every child's rights to education. They also describe the essential minimum requirements needed to educate, equip and involve school personnel in supporting the increasing number of school-age children with type 1 diabetes.

10 **Drs. Debbi Andrews and William Mahoney**, co-editors of *Children with School Problems: A Physician's Manual*, along with **Dr. Susan Bobbit**, developed a new eCME course on School Children with Learning Disabilities. With a growing number of children requiring supportive services and the risks associated with waiting too long for them, physicians need to know how to identify, assess, manage and support children having trouble in school in a timely manner. This case-based course provides interactive alternate pathways

for two common clinical presentations, including initial intervention plans, sample case formulations to share with the family or school, and collaborative steps for improving the school experience.

11 'Resilience' was the theme of the 6th International Meeting on Indigenous Child Health, held last March in Ottawa, which resonates powerfully in a year which saw 94 specific calls to action from the Truth and Reconciliation Commission of Canada, a landmark report on Jordan's Principle, and renewed calls to the new Liberal government to do right by First Nations kids. **Dr. Sam Wong**, Chair of the CPS First Nations, Inuit and Métis Health Committee, co-chaired the planning committee for this biennial joint conference with the American Academy of Pediatrics, alongside representatives from government and 12 leading Aboriginal and Native American organizations. This IMICH drew higher attendance than the last two meetings, despite some U.S. Indian Health Service restrictions on travel.

12 It's time for Canada to appoint a federal Commissioner for Children and Youth. CPS President **Dr. Robin Williams** is taking this cause to heart, alongside UNICEF, the *Huffington Post* and other advocates for a non-partisan, independent 'champion' to represent the best interests of young people at a national level. A commissioner would ensure

that all sectors consider children and youth in decision-making, and report progress – or lack of it – on specific health and social issues. A federal commitment would create a framework for accountability and effect positive change.

13 Mindful basics – reading, speaking and singing to babies and nurturing children’s self-esteem – ‘steal the show’ in two series of short videos for parents and caregivers produced last spring. Literacy champion **Dr. Alyson Shaw**, with CPS Board member **Dr. Leigh Anne Newhook** and past President **Dr. Richard Stanwick**, speak to the importance of play-full learning every day. A second video series on mental health, produced in English and French, features **Drs. Eddy Lau**, a member of the Public Education Advisory Committee, CPS Vice President **Michael Dickinson**, and **Drs. Stacey Bélanger** and **Johanne Harvey**, members of the Mental Health and Disabilities Committee. Teachable moments, the risks of persistent stress and the importance of family time take their ‘star turns’.

14 **Drs. Noni MacDonald, Marty Perlmutter** and other public health and pharmacist Advisory group members, completed a ‘truly EPIC’ review of the 14 online learning modules

comprising the Education Program for Immunization Competencies in early 2015. Essential information on vaccine safety, timing and delivery has evolved enormously since this course was first developed by the CPS, Public Health Agency of Canada and Health Canada in 2002, and more than 8,500 health care professionals have taken the EPIC online course since it launched in 2010.

15 A new online CME helps primary care physicians develop practical skills to promote early childhood development. Produced by the CPS in partnership with Memorial University’s MD-CME program, the case-based course uses tools like the Rourke Baby Record to cover topics such as infant crying, normal ranges of development, breastfeeding and behaviour. Physicians also learn how clinical observations and referrals to community resources can be used to support child development. The course includes videos and links to external resources, and allows users to test their knowledge through questions and discussion topics after each case. Developed by **Drs. Andrea Feller** and **Kassia Johnson** of the CPS Early Years Task Force, the course is accredited for both MainPro and MOC credits, and there is no charge. This course was supported with a grant from the Canadian Medical Association.



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